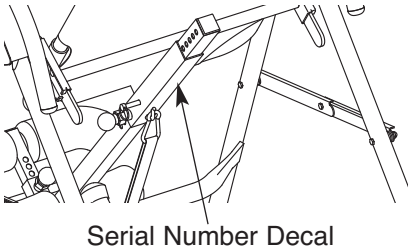
WEIDER® INVERSION SYSTEM

Model No. WEEVBE1334.1
Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please contact us at the numbers or addresses listed below:

Call: 08457 089 009
Outside UK: 0 (44) 113 3877133

Fax: 0 (44) 113 3877125

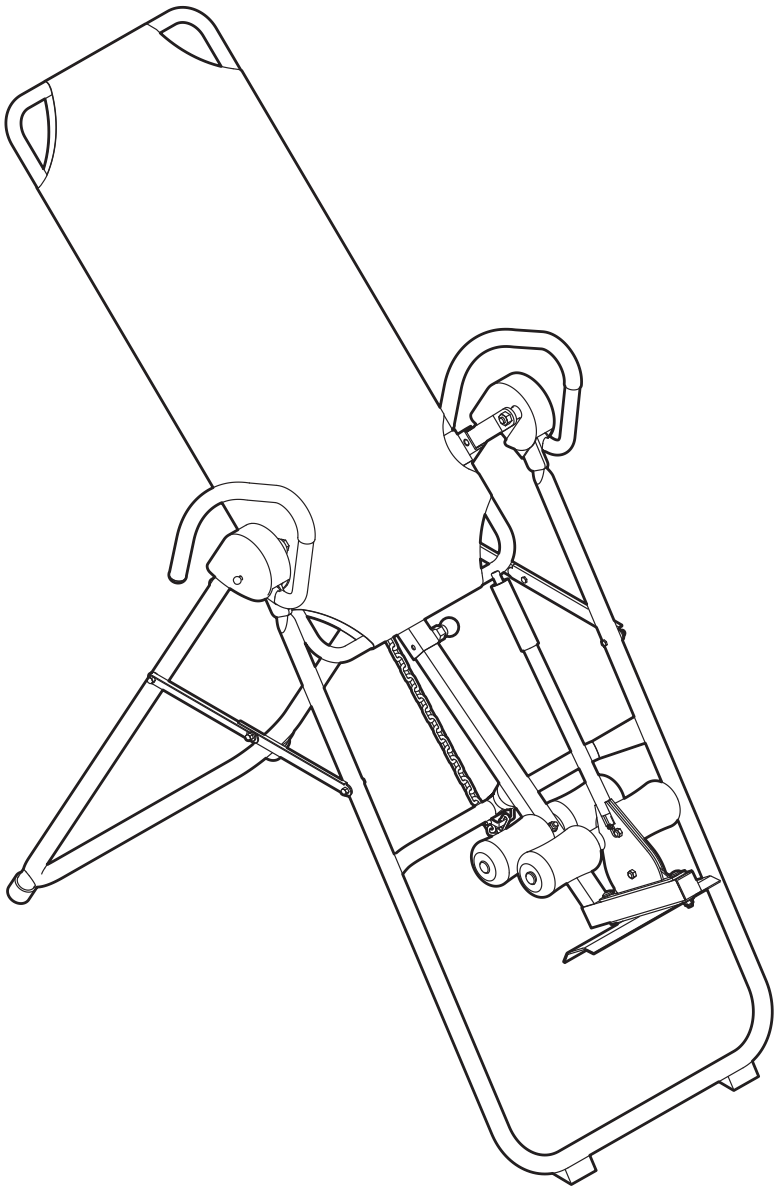
E-mail: csuk@iconeurope.com

Write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.

Warning Decal 1

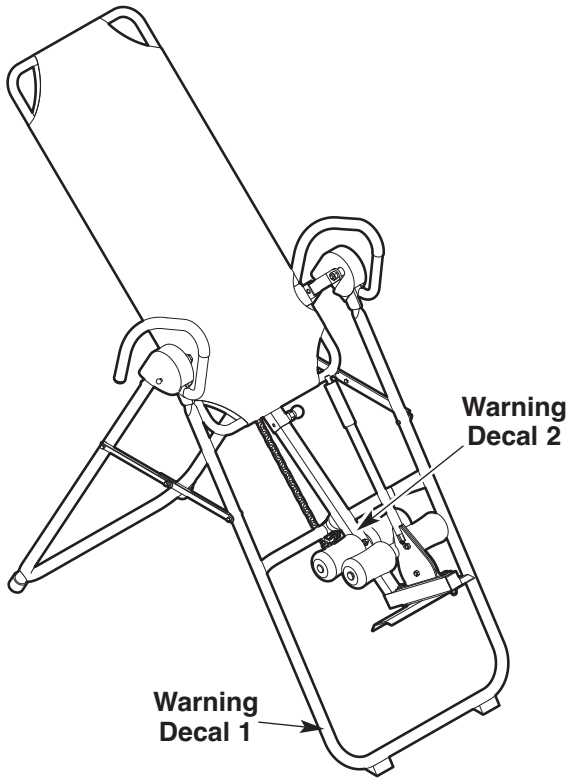
WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

Warning Decal 2

WARNING

- Always wear securely attached shoes.
- Have foot clamp properly closed.



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IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your inversion system before using your inversion system. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
2. **It is the responsibility of the owner to ensure that all users of the inversion system are adequately informed of all precautions.**
3. **The inversion system is intended for home use only. Do not use the inversion system in a commercial, rental, or institutional setting.**
4. **Keep the inversion system indoors, away from moisture and dust. Do not put the inversion system in a garage or covered patio, or near water.**
5. **Use the inversion system only on a level surface. Cover the floor beneath the inversion system to protect the floor.**
6. **Make sure all parts are properly tightened each time you use the inversion system. Replace any worn parts immediately.**
7. **Keep children under 12 and pets away from the inversion system at all times.**
8. **The inversion system is designed to support a maximum user weight of 135 kg (300 lbs.). Note: Do not use weights with the inversion system.**
9. **Always wear athletic shoes with laces to help secure your feet in the inversion system, and for foot protection while exercising.**
10. **The inversion system should be used only by persons 198 cm (6 ft. 6 in.) tall or less.**
11. **Always engage the pins on the backrest frame into the same hole in each pivot bar.**
12. **Keep hands and feet away from moving parts.**
13. **Make sure the pivot bars are held in the brackets on the backrest frame before using the inversion system.**
14. **Always make sure the ankle lock is secured snugly against your ankles and the short knob is fully engaged before using the inversion system.**
15. **Always make sure the linking bars are straight across before using the inversion system.**
16. **Do not use the handlebars to rotate up on the inversion system; the handlebars are for mounting and dismounting the inversion system.**
17. **Perform all activities on the inversion system in a slow, controlled manner. Aggressive exercise can cause the inversion system to tip over.**
18. **Always exercise with a partner. Your partner should be ready to return the backrest to the upright position if you cannot complete the rotation.**
19. **If you feel pain or dizziness while exercising, stop immediately and begin cooling down.**
20. **Use your inversion system only as described in this manual.**

⚠WARNING: Following is a list of factors and conditions that may make inverting inadvisable (this list is not exhaustive; it is intended only for reference). If one or more factors or conditions apply to you, consult your physician before using the inversion system.

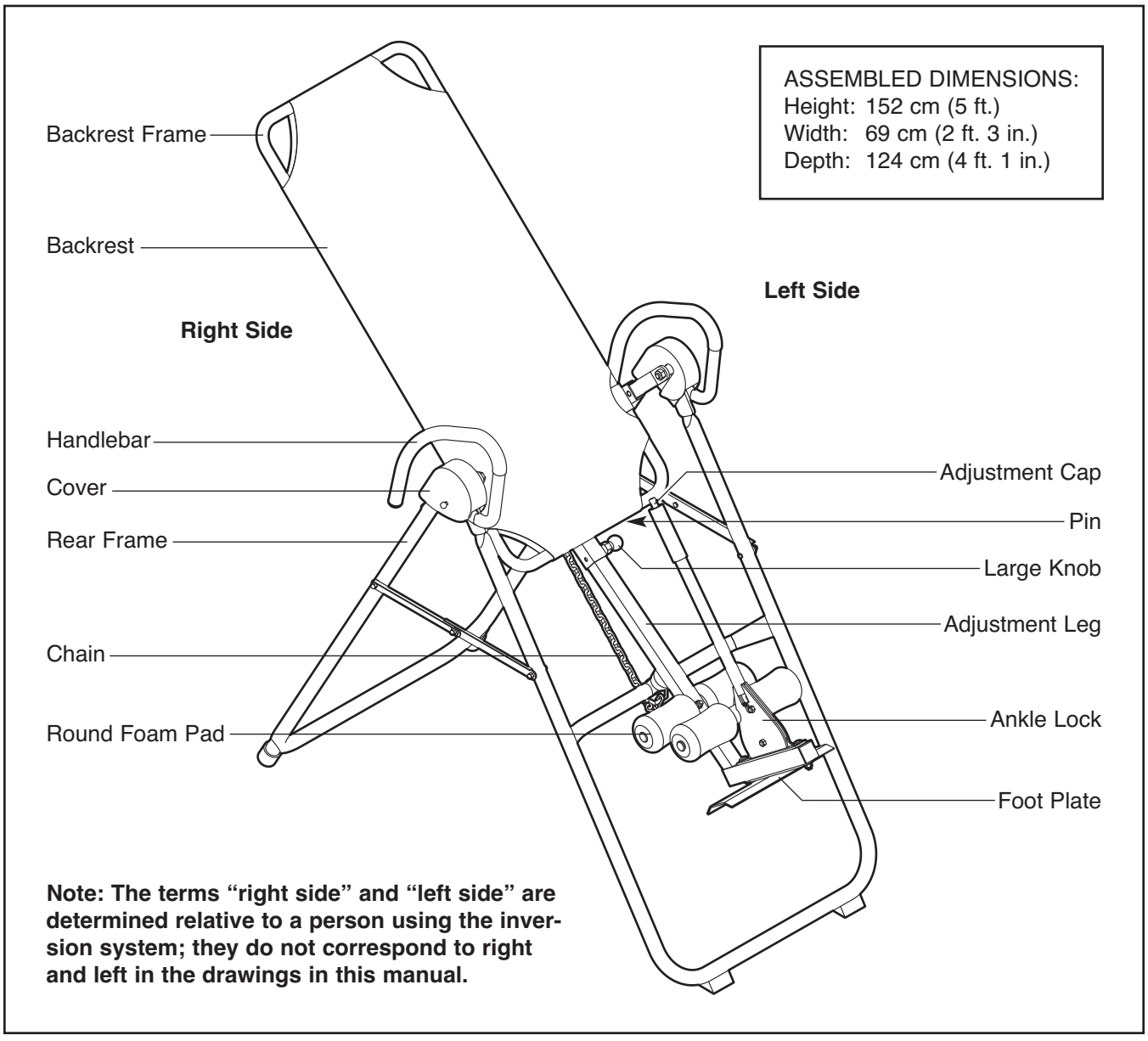
- **Pregnancy**
- **Hiatal hernia or ventral hernia**
- **Glaucoma, retinal detachment, or conjunctivitis**
- **High blood pressure, hypertension, or recent stroke or transient ischemic attack**
- **Heart or circulatory disorders for which you are being treated**
- **Middle ear infection and extreme obesity**
- **Spinal injury, cerebral sclerosis, or acutely swollen joints**
- **Bone weakness (osteoporosis), recent unhealed fractures, medullary pins, or surgically implanted orthopedic supports**
- **The use of anticoagulants, including high doses of aspirin**

BEFORE YOU BEGIN

Thank you for selecting the WEIDER® INVERSION SYSTEM. The inversion system will increase your intervertebral dimension, decrease pressure on intervertebral discs, stretch and relax your muscles, and temporarily relieve back pain associated with the listed conditions.

For your benefit, read this manual carefully before you use the inversion system. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.


ASSEMBLED DIMENSIONS:
Height: 152 cm (5 ft.)
Width: 69 cm (2 ft. 3 in.)
Depth: 124 cm (4 ft. 1 in.)
Backrest Frame
Backrest
Right Side
Left Side
Handlebar
Cover
Rear Frame
Chain
Round Foam Pad
Adjustment Cap
Pin
Large Knob
Adjustment Leg
Ankle Lock
Foot Plate
Note: The terms “right side” and “left side” are determined relative to a person using the inversion system; they do not correspond to right and left in the drawings in this manual.

ASSEMBLY

Make Assembly Easier

Everything in this manual is designed to ensure that the inversion system can be assembled successfully by almost anyone. By setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- As you assemble the inversion system, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- Assembly requires the following tools:

the included hex key(s)

two adjustable wrenches

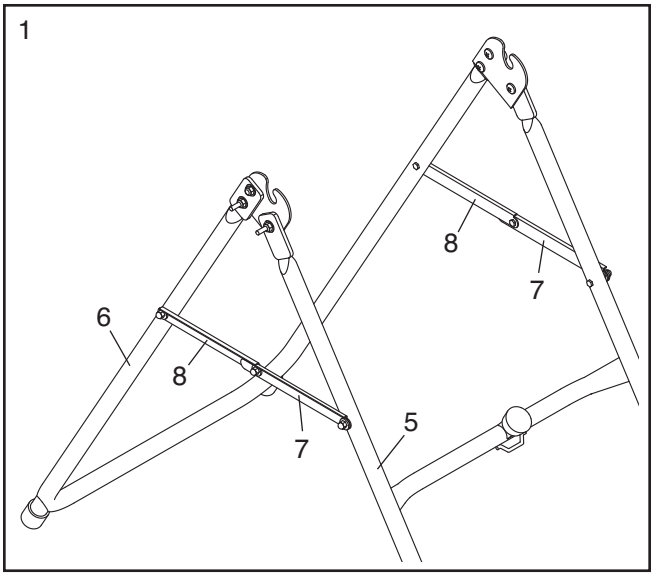
one rubber mallet

one standard screwdriver

one Phillips screwdriver

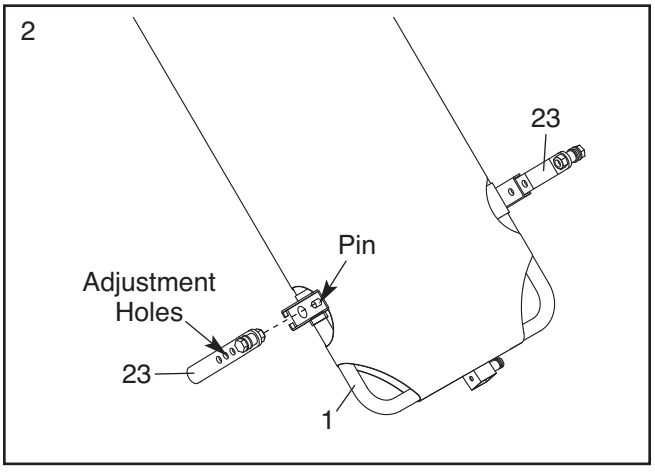
Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Open the Front and Rear Frames (5, 6), and push down on the Linking Bars (7, 8) so that they are straight across as shown.

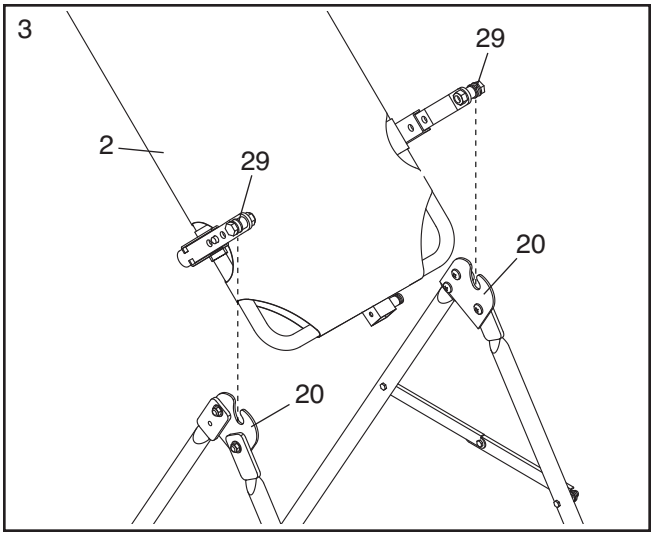


2. Insert the end of a Pivot Bar (23) with the adjustment holes into the bracket on one side of the Backrest Frame (1). Engage the pin on the Backrest Frame into the center adjustment hole.

   Repeat this step with the other Pivot Bar (23).

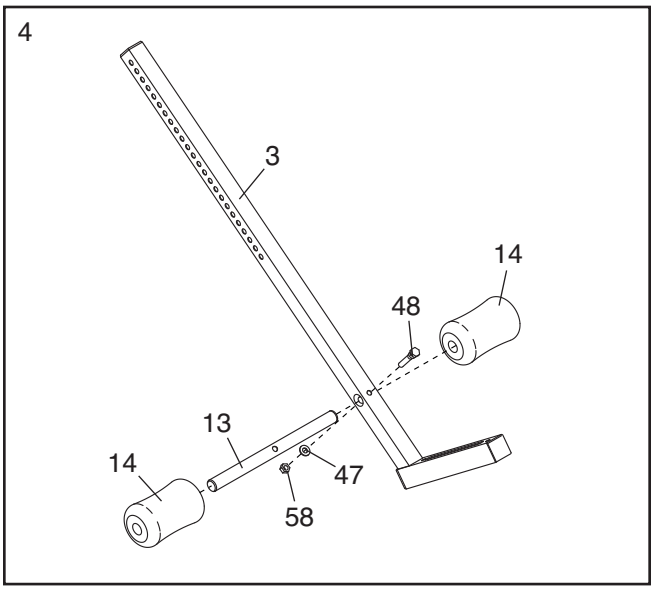


3. Rest the two Pulleys (29) inside of the slots in the Saddle Plates (20).



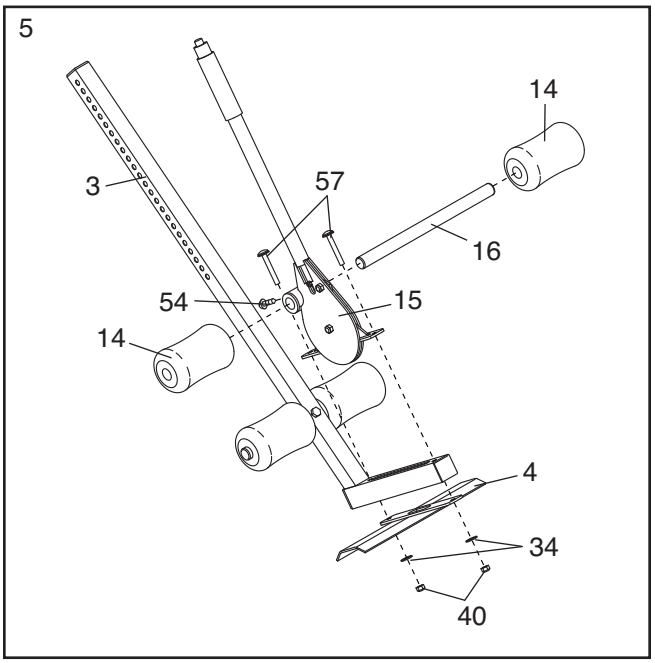
4. Insert the Leg Pad Tube (13) into the indicated hole in the Adjustment Leg (3) and secure it with an M8 x 40mm Bolt (48), an M8 Zinc Washer (47), and an M8 Zinc Nut (58).

   Slide two Round Foam Pads (14) onto the ends of the Leg Pad Tube (13).



5. Attach the Lever Pad Tube (16) to the Ankle Lock (15) with an M4 x 20mm Screw (54). Slide two Round Foam Pads (14) onto the Pad Tube.

   Attach the Ankle Lock (15) and the Foot Plate (4) to the Adjustment Leg (3) with two M8 x 55mm Bolts (57), two M8 Washers (34), and two M8 Locknuts (40).

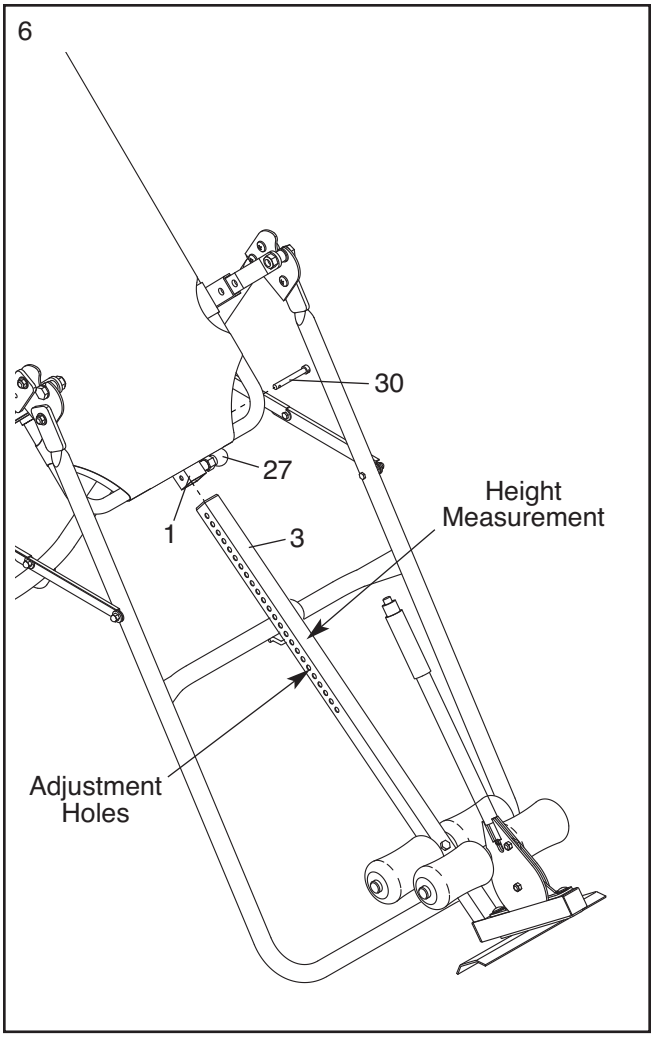


6. Remove the Pin (30) from the Backrest Frame (1).

   Pull the Large Knob (27) out as far as it will go. Next, insert the Adjustment Leg (3) into the Backrest Frame (I). Engage the Large Knob into an adjustment hole in the Adjustment Leg.

   Insert the Pin (30) into the Backrest Frame (1) and the Adjustment Leg (3).

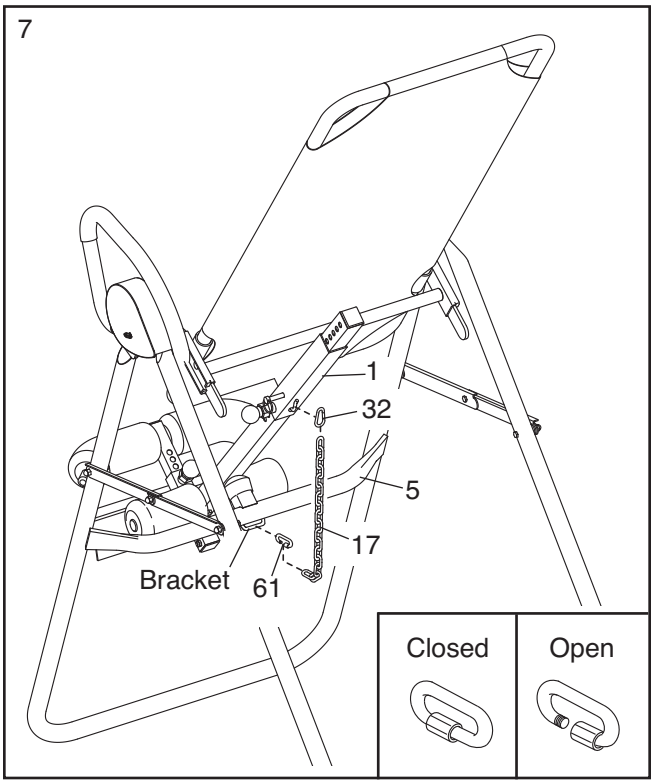
   Note: The Adjustment Leg (3) should be positioned at the height measurement that is one or two inches greater than the height of the person using the inversion system.



7. **See the inset drawings.** Open the Quick Link (61) by turning the quick link nut.

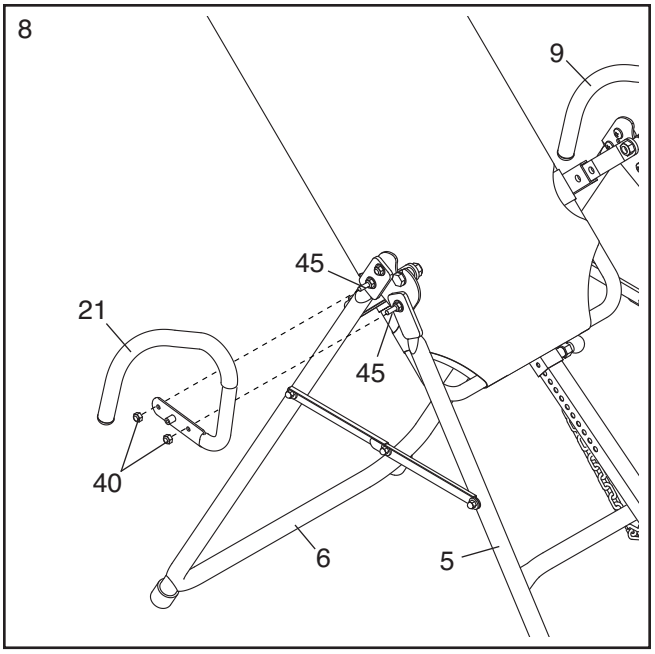
   Then, attach one end of the Chain (17) to the indicated bracket on the Front Frame (5) with the Quick Link (61). Close the Quick Link by turning the quick link nut.

   Attach the other end of the Chain (17) to the hook on the Backrest Frame (1) with the Clip (32). **Make sure that the Quick Link (61) is attached to the Front Frame (5) and that the Clip is attached to the Backrest Frame.**



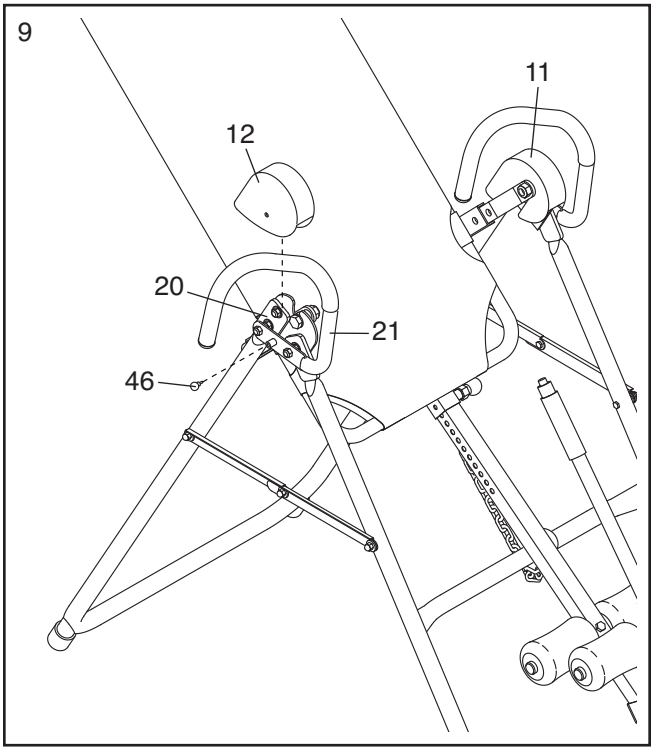
8. Attach the Right Handlebar (21) to the M8 x 30mm Bolts (45) on the Front and Rear Frames (5, 6) with two M8 Locknuts (40). **Make sure the Handlebar is oriented as shown.**

   Repeat this step with the Left Handlebar (9).



9. Cover the right Saddle Plate (20) with the Right Cover (12). Tighten a Small Knob (46) into the Right Handlebar (21).

   Repeat this step with the Left Cover (11).



10. **Make sure all parts are properly tightened before using the inversion system.** The use of parts will be explained in ADJUSTMENT, beginning on page 10.

ADJUSTMENT

This section explains how to adjust the inversion system. See DEVELOPING A PROGRAM on page 13 for important information about how to get the most benefit from your exercise program.

Make sure that all parts are properly tightened each time the inversion system is used. Replace any worn parts immediately. The system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

SELECTING THE PIVOT BAR POSITION

The Pivot Bars (23) have three adjustment holes. The correct hole to use will depend on the user's body weight and the desired level of responsiveness. See the chart to determine which hole to use.

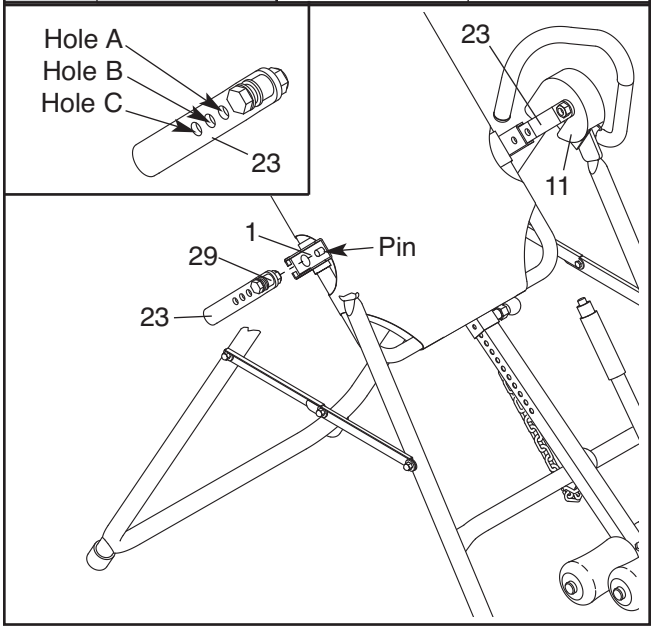
To adjust the Pivot Bars (23), uncover the Saddle Plates (not shown). Lift a Pulley (29) out of a Saddle Plate. Move the Pivot Bar so that the pin on the Backrest Frame (1) engages the desired adjustment hole. Rest the Pulley back in the slot in the Saddle Plate. **Repeat this process with the other Pivot Bar.**

Recover the Saddle Plates (not shown) with the Covers (11, 12 [not shown]). Secure the Covers with the Small Knobs (not shown).

Use the inversion system with the Pivot Bars (23) adjusted to each position to determine which is best for you.

⚠ WARNING: Always engage the pins on the Backrest Frame (1) into the same holes in both Pivot Bars (23).

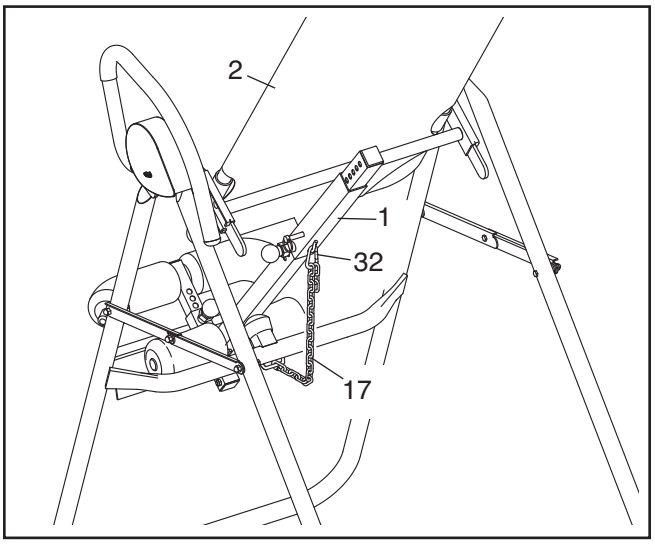
Note: 1 lb. = 2.2 kg		Responsiveness	
		Beginner (Partial Inversion)	Advanced (Full Inversion)
User Weight	80–120 lbs.	Hole A	Hole A
	120–220 lbs.	Hole C	Hole A
	220–300 lbs.	Hole C	Hole B



ADJUSTING THE LENGTH OF THE CHAIN

The Chain (17) can be used to stop the inversion system from becoming inverted more than desired. To adjust the Chain, first remove it from the Clip (32) on the Backrest Frame (1). Rotate the Backrest (2) to the most inverted position to which you want it to move. Then, have a second person tighten the Chain and reattach it to the Clip on the Backrest Frame.

For the first two weeks of use, adjust the Chain (17) to stop the Backrest (2) from rotating more than 15 to 20 degrees. As you become accustomed to using the inversion system, lengthen the Chain to allow the Backrest to rotate a few more degrees.

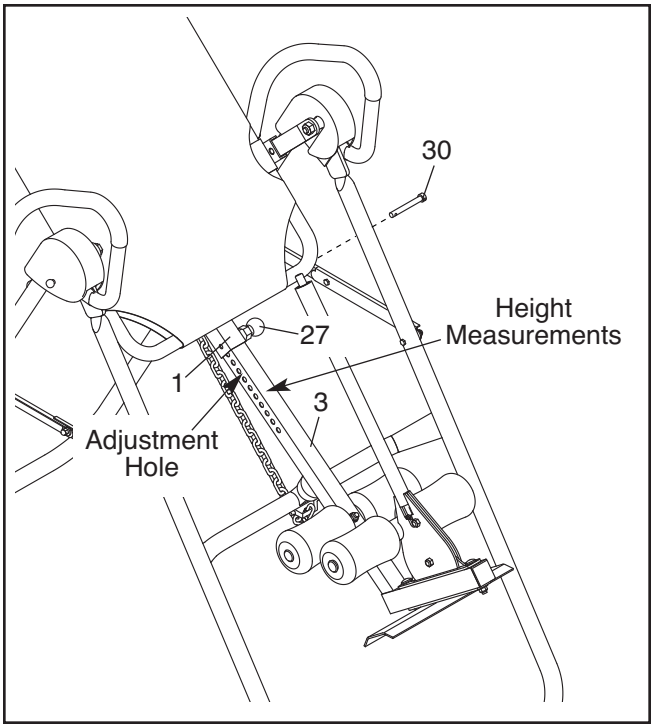


ADJUSTING THE ADJUSTMENT LEG

The length of the Adjustment Leg (3) can be adjusted to correspond to the height of the user. Remove the Pin (30) from the Backrest Frame (1). Pull the Large Knob (27) out as far as it will go. Slide the Adjustment Leg into, or out of, the Backrest Frame so that the first or second measurement greater than the user's height is covered by the Backrest Frame. Re-engage the Knob and Pin into adjustment holes in the Adjustment Leg and the Backrest Frame.

Use the inversion system with the Adjustment Leg (3) adjusted to a few different lengths to determine which length is best for you.

⚠ WARNING: The inversion system is designed to be used by persons 198 cm (6 ft. 6 in.) tall or less.

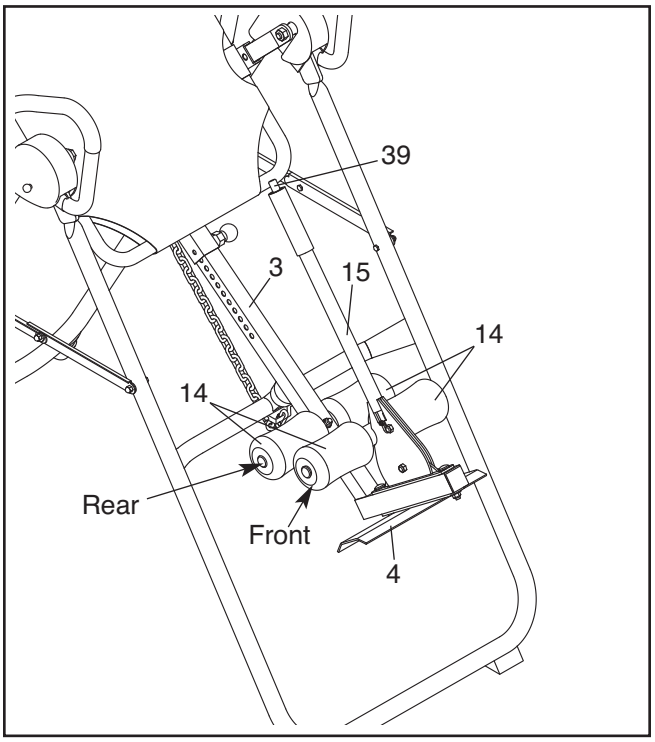


USING THE ANKLE LOCK

To secure your ankles in the inversion system, stand on the Foot Plate (4) with the backs of your legs against the rear Round Foam Pads (14) and your toes under the front Round Foam Pads. Pull the Ankle Lock (15) toward the Adjustment Leg (3) so that the front Round Foam Pads are tight against your ankles.

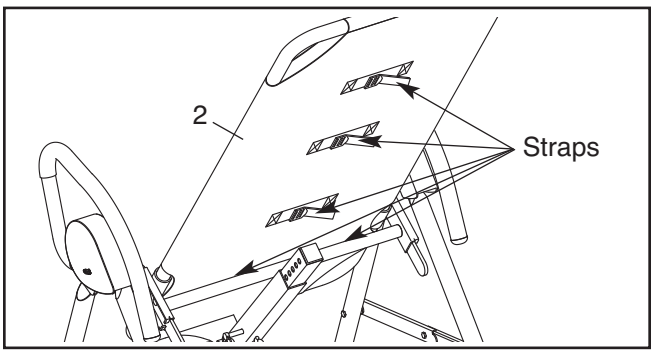
To release the Ankle Lock (15), push the top of the Adjustment Cap (39) down and move the Ankle Lock forward.

⚠ WARNING: Always make sure that the Ankle Lock (15) is secured snugly against your ankles before using the inversion system. Always wear athletic shoes with laces to help secure your feet in the inversion system.



TIGHTENING THE BACKREST

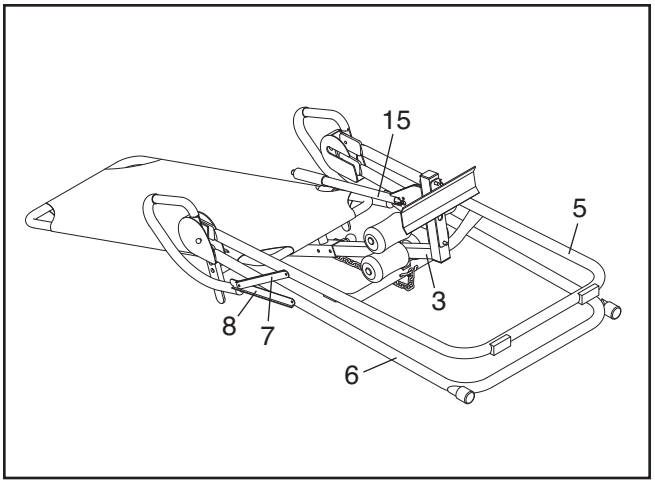
The Backrest (2) may stretch as it is used. If this happens, tighten the five straps on the back of the Backrest.



STORING THE INVERSION SYSTEM

To store the inversion system, adjust the Adjustment Leg (3) to the shortest length (see ADJUSTING THE ADJUSTMENT LEG on page 11). Next, adjust the Ankle Lock (15) to the position closest to the Adjustment Leg (see USING THE ANKLE LOCK on page 11). Then, lift on the Linking Bars (7, 8) and fold the Frames (5, 6) together.

WARNING: Always make sure the Linking Bars (7, 8) are straight across before using the inversion system.



ROTATING ON THE INVERSION SYSTEM

This section explains how to rotate back on the inversion system and return to the starting position. **See ADJUSTMENT starting on page 10 to identify parts referred to in this section.**

SETTING UP AND MOUNTING THE INVERSION SYSTEM

Before using the inversion system, adjust the Pivot Bars (23), the Adjustment Leg (3), and the Chain (17) to the correct settings for the user. Secure your ankles in the Ankle Lock (15).

ROTATING BACK ON THE INVERSION SYSTEM

To rotate back on the inversion system, slowly lift your arms over your head until you reach the desired position. The speed at which you lift your arms will determine how quickly the inversion system will rotate. Rest your arms in a comfortable position without causing the inversion system to rotate.

To lock the backrest in the fully inverted position, it may be necessary to push against the floor or the Rear Frame (6) for the last few degrees, so that the Backrest Frame (1) rests against the crossbar on the Front Frame (5). The weight of your body will then lock the inversion system in the fully inverted position.

ROTATING UP ON THE INVERSION SYSTEM

To return to the starting position, bend your knees slightly and slowly move your hands toward your waist until you rotate toward a horizontal position. Rest in a horizontal position for 30 to 60 seconds before rotating to the starting position. This will allow your body to readjust. Return to the starting position slowly. Dizziness after using the inversion system is an indication that you have returned to the starting position too quickly.

To rotate up from the fully inverted position, hold the corner of the Backrest Frame (1) behind your head with one hand, and the bottom of the Rear Frame (6) with the other hand. Pull the Backrest Frame toward the Rear Frame. This will release the Backrest Frame from the fully inserted position. Rotate up as described above.

Do not try to sit up or use the Handlebars (9, 21) to return to the starting position.

DEVELOPING A PROGRAM

This section contains information and suggestions about using the inversion system. Make sure all parts are properly tightened each time the inversion system is used. Replace any worn parts immediately. **See ADJUSTMENT starting on page 10 to identify parts referred to in this section.**

GETTING THE MOST OUT OF USING THE INVERSION SYSTEM

If you feel nauseated while using the inversion system, return to the starting position. Note that it may take a few weeks of use for your inner ear to become accustom to being inverted.

Do not use the inversion system right after you have eaten.

Moving while using the inversion system may make it a more comforsystem experience, and may help joints and muscles stretch and relax. Always move in a slow, controlled manner.

The greater the angle at which the inversion system is used, the shorter the time that you should rotate back before rotating up. Increase the amount of inverted time and the angle of use gradually.

Always pay attention to how your body feels as you use the inversion system. Increase the level of intensity only as it is comforsystem for you. When you begin to feel uncomfortable, return to the starting position.

BEGINNER PROGRAM

The following are suggestions for persons who are just starting to use the inversion system.

Set the Chain (17) to allow the Backrest Frame (1) to rotate to 20° or less for the first one or two weeks. This will allow the body time to adjust to the change in gravitational pull.

Use the inversion system for one or two minutes at a time, two or three times a day.

Stay inverted for only as long as it is comfortable. This may be only a few seconds at first.

INTERMEDIATE PROGRAM

The following are suggestions for persons who have become comfortable using the inversion system as described under the BEGINNER PROGRAM.

Increase the angle to which the inversion system can rotate, as it is comfortable. Adjust the Chain (17) to allow the inversion system to rotate to up to 60°, a few degrees at a time.

Start to do gentle stretching while using the inversion system.

Gradually increase the amount of time that you use the inversion system to 10 minutes or more, two or three times a day. Routines can be varied from rotating back for one or two minutes and then up for 30 seconds, to rotating back and up for equal amounts of time.

FULL INVERSION PROGRAM

The following are suggestions for persons who have become comfortable using the inversion system as described under the INTERMEDIATE PROGRAM and desire to rotate to greater angles, or to do sit-ups. Note that all the benefits of inversion can be gained by rotating to 60°. **Do not attempt to do sit-ups unless the Backrest Frame (1) is locked in the fully inverted position.**

Increase the angle to which the inversion system can rotate, as it is comfortable. Adjust the Chain (17) to allow the inversion system to rotate until it comes in contact with the back of the crossbar on the Front Frame (5).

Adjust the Pivot Bars (23) so that the pin on the Backrest Frame (1) is in the top hole (see SELECTING THE PIVOT BAR POSITION on page 10). If the user weighs 100 kg (220 lbs.) or more, adjust the pin to the center hole in the Pivot Bars. Rotate back and up as described on page 12.

PART LIST—Model No. WEEVBE1334.1

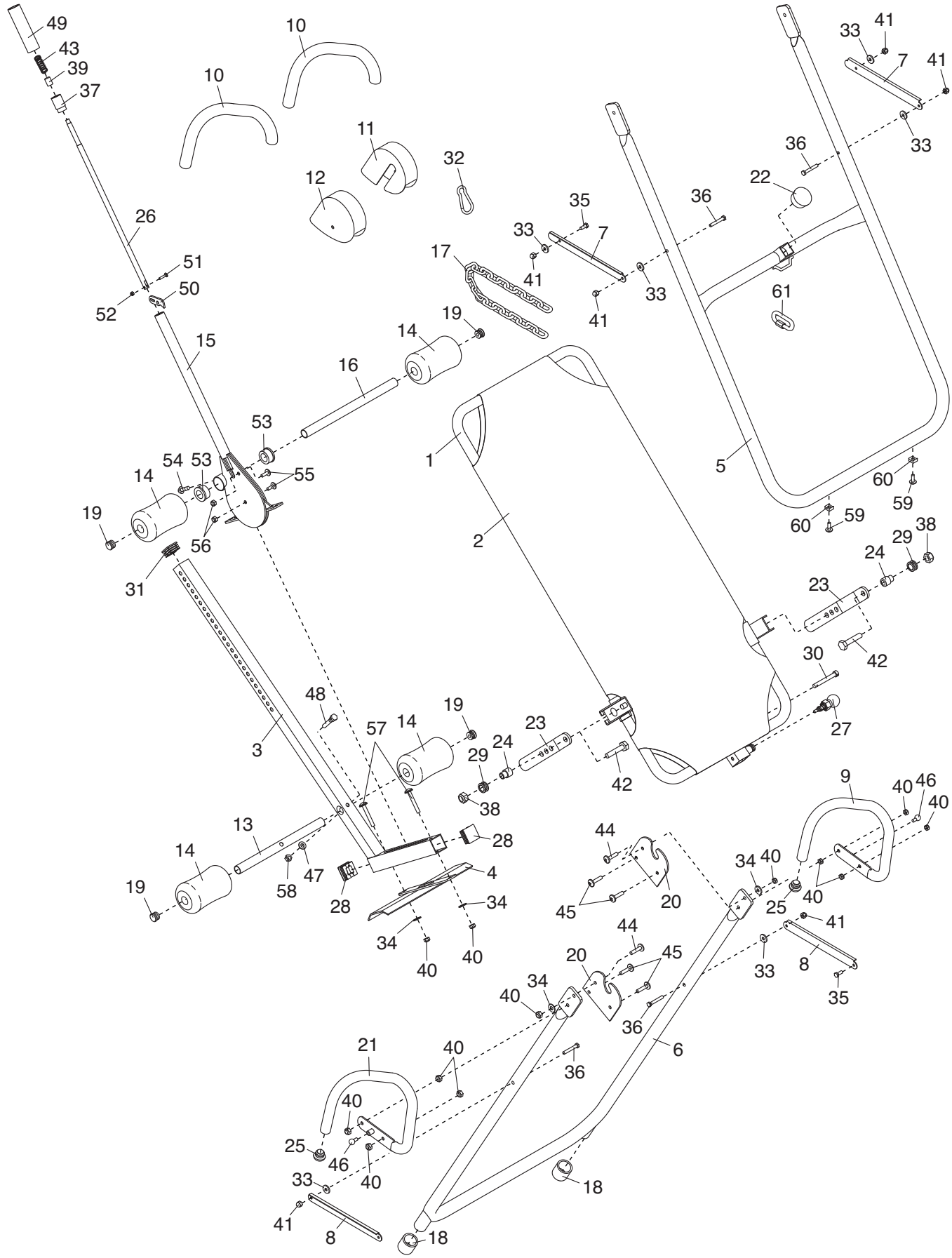
R1108A

Key No.	Qty.	Description
1	1	Backrest Frame
2	1	Backrest
3	1	Adjustment Leg
4	1	Foot Plate
5	1	Front Frame
6	1	Rear Frame
7	2	Long Linking Bar
8	2	Short Linking Bar
9	1	Left Handlebar
10	2	Foam Grip
11	1	Left Cover
12	1	Right Cover
13	1	Leg Pad Tube
14	4	Round Foam Pad
15	1	Ankle Lock
16	1	Lever Pad Tube
17	1	Chain
18	2	Large Round Outer Cap
19	4	Small Round Inner Cap
20	2	Saddle Plate
21	1	Right Handlebar
22	1	Bumper
23	2	Pivot Bar
24	2	Spacer
25	2	Round Inner Cap
26	1	Adjustment Shaft
27	1	Large Knob
28	2	38mm Square Inner Cap
29	2	Pulley
30	1	Pin
31	1	33mm Square Inner Cap
32	1	Clip
33	6	M6 Washer
34	4	M8 Washer
35	2	M6 x 13mm Bolt
36	4	M6 x 45mm Bolt
37	1	Adjustment Sleeve
38	2	M12 Locknut
39	1	Adjustment Cap
40	12	M8 Locknut
41	6	M6 Locknut
42	2	M12 x 50mm Bolt
43	1	Spring
44	2	M8 x 20mm Bolt
45	4	M8 x 30mm Bolt
46	2	Small Knob
47	1	M8 Zinc Washer
48	1	M8 x 40mm Bolt
49	1	Adjustment Foam Grip
50	1	Adjustment Catch
51	1	M4 x 15mm Bolt
52	1	M4 Nut
53	2	Bushing
54	1	M4 x 20mm Screw
55	2	M8 x 20mm Bolt
56	2	M8 Nut
57	2	M8 x 55mm Bolt
58	1	M8 Zinc Nut
59	2	M4 x 15mm Self-tapping Screw
60	2	Plastic Foot
61	1	Quick Link
*	–	User's Manual
*	–	Hex Key

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING—Model No. WEEVBE1334.1

R1108A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

Part No. 276341 R1108A

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